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Education

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HWY. 3 FATALITY

Crash kills Niagara woman

MARYANNE FIRTH
QMI Agency Niagara

One person is dead following a three-vehicle crash on Hwy. 3 in Wainfleet Saturday.

Ontario Provincial Police, Wainfleet firefighters and Niagara EMS were called to the scene of the crash between Marr Rd. and Smith Rd., just after 1 p.m.

The crash involved two Volkswagens cars and a Dodge Ram pickup truck.

A white Volkswagen Jetta was westbound on Highway 3 when it crossed the centre line, clipping an eastbound silver Volkswagen and striking

ing an eastbound truck head-on, said OPP Niagara Staff Sgt. Jan Idzenga.

The collision caused the truck to enter the road's south ditch, where it rolled over. The road at the scene was littered with debris from the crash and the truck could be seen resting on its side.

The driver of the white Volkswagen, an 84-year-old woman, was pronounced dead at the scene, Idzenga said. She has been identified by police as Lillian Campbell, of St. Catharines.

She was the sole occupant of the car.

People in the other two vehicles did not require med-

ical attention, said Wainfleet fire Chief Harry Flagg.

The collision is being investigated by Const. Patricia Elviss of the Niagara OPP detachment with the assistance of the Highway Safety Division traffic support unit. Police ask any witnesses or anyone who has information to contact Elviss at 905-356-1311.

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MARYANNE FIRTH/STAFF PHOTO
One person is dead following a three-vehicle crash on Highway 3 in Wainfleet Saturday.



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UPFRONT

■ **EDUCATION:** Students will perform an 'in your face' version of U.S. anthem to start Indians, Red Sox game



ALLAN BENNER/STAFF PHOTO

Lakeshore Catholic High School students Matt Robski, from left, Rachel McCartney, Brooke Steckley, Stephen Malcolm and Josh Kudarian are members of the Gators' jazz band that was to play the American national anthem at the start of a game between the Cleveland Indians and Boston Red Sox on Wednesday.

■ CRASH

Truck through store window sends staff, customers scrambling

GREG FURMINGER
DMI Agency Niagara

It didn't take long for the drive-thru window jokes to start after a truck barrelled into an Avondale store in Port Colborne last Tuesday afternoon.

Store clerk Tracy Kennedy was tending to three customers and set to answer the phone, when suddenly "a very huge, loud bang" interrupted everything inside the Portal Village Market store.

Customers scattered as shelving was pushed toward the checkout counter.

"I freaked and said 'Get out of the way!'" Kennedy said. "Everything was coming forward."

A black Dodge Ram 1500 pickup truck came crashing through the store's large sectional window, smashing into

two large ice-cream coolers and pushing them into store shelves.

Wood and glass was scattered among toppled cases of water, paper towels, potato chips and other store goods.

"It's a mess," said Kennedy, still visibly shaken about 45 minutes after the crash.

Manager Jo-Ann Karpinchick was working at the back of the store when she heard the "big bang."

"I could see it on my (security) screen," she said, noting had she not been at the back of the store she would have

It was unclear when the store would reopen.

Damage to the truck was minimal and no one was injured.

Firefighters, paramedics

and police were dispatched just before 1:30 p.m. An emergency responder backed the truck out of the store and into the parking spots that front the plaza sidewalk.

Niagara Regional Police Sgt. Bill Gurney said the 63-year-old driver indicated one of his Velcro shoes may have got caught up in the truck's gas pedal.

"If he was going to hit the building, he hit the perfect spot," Gurney said, noting there was no structural damage to the plaza at the corner of Killaly and Steele Sts.

"It's a report for insurance purposes only, by the police. There's no driving charge," he said of the incident that took place on private property.

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Twitter: @GregAtTheTrib



GREG FURNINGER/STAFF PHOTO

No structural damage was caused and no one was injured after a Dodge Ram pickup truck went through the window of the Avondale store at Portal Village Market, at the corner of Killaly and Steele Sts. in Port Colborne, Tuesday afternoon.

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LOCAL NEWS

■ **TRAINING:** NRP officers become certified cyclists

The cycle of policing

MARYANNE FIRTH
QMI Agency Niagara

There are no children's training wheels.

When Niagara Regional Police officers learn to ride bikes, they learn to ride hard.

They learn to fearlessly manoeuvre obstacles, take the sharpest of turns and apprehend suspects without skipping a beat.

But they also learn the importance of being able to engage the community while out on their wheels.

The police force typically hosts its bicycle training course, regulated by the International Police Mountain Bike Association, twice each spring and only a handful of the many officers who apply are accepted.

Its most recent session, held last week at the Welland training unit, had seven students who underwent 40 hours of theoretical and practical training. In total, 85 officers in the service are certified.

"We try to get everyone trained in time for when the big summer events start," said course instructor Const. Mike Warnock.

Bike-savvy officers can often be seen in the warmer months at parades and festivals held throughout the region.

It's also not uncommon to find them pedalling through downtown St. Catharines on busy summer nights, down the Twelve Mile Creek trails and through various Niagara parks.

"It's a chance to get out and be visible," Warnock said.

"Citizens love it and so do the officers."

Community engagement is only one of many benefits

to hitting the streets on two wheels instead of four.

"You can get into a lot of places cruisers can't," Warnock said, and "you can get through traffic a lot quicker."

When dispatched to a call at a nearby location, biking officers can take advantage of alleyways and other shortcuts. Bikes mean also being able to move more easily through large crowds of people.

"It's amazing how stealthy you are on a bike," Warnock said, but while adding there are always situations that are better to avoid when cycling.

The NRP's course focuses on traffic hazards, suspect apprehension, negotiating obstacles and mastering slow-speed skills. The cyclists are also taught where to place themselves "in relation to the bad guy" while on a pursuit, Warnock said.

Refresher courses are held every two years to ensure skills remain sharp.

"It's hard work, but you have fun doing it," he said.

General patrol on bikes is only done when time and manpower allows, he said, though there are certain units that are able to saddle up more often.

The NRP's school resource officers (SROs), who work with Niagara's high schools, spend much of their summer pedalling through the region.

Last year, a lot of focus was paid to Centennial Park in St. Catharines, once known for heavy drug activity and prostitution.

"We put our bikes down there all the time," said NRP Sgt. Chris Stewart, who heads the service's SRO program.

"In the beginning, there



MARYANNE FIRTH / STAFF PHOTO
Niagara Regional Police bike training instructor Const. Mike Warnock balances across a 5 1/2-inch beam during a recent training session.

were a lot of transient people there, a lot of drug activity, and by the end of summer there were people throwing Frisbees around and walking their dogs."

That on-bike police presence helped to eliminate fear residents had of using the green space, Stewart said.

"We gave the park back to them."

On bike, police last summer were also able to catch people drinking in parking lots before hitting downtown bars in the

Garden City.

"They're easy to find," Stewart said. "And no one expects you to roll up on bikes."

"One of the main reasons why it's good is the element of surprise."

Word spreads quickly when police are in the area, he said, which has led to less disturbances downtown.

"It's effective," Stewart said, adding the unit intends to keep wheels turning this summer.

In July and August 2013, the NRP's cyclists brought in 47

arrests for various offences, many of them alcohol- and drug related, issued 43 tickets and generated 100 police reports.

"Through a partnership with the Brain Injury Association of Niagara, officers have also

been able to hand out positive tickets — giving water park passes to children on bikes and skateboarders caught wearing their helmets.

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Answering God's call

REV. DR. STEVEN DAVIS
Central United Church, Port Colborne

It struck me that I'm writing this column on the day after the 20th anniversary of my ordination. With that kind of anniversary, it's perhaps not surprising that I've found myself recently thinking a lot about the idea of call.

I often wonder why I was "called" to this particular kind of ministry. I have little doubt that there are others who could fulfil the call better than I have or can, and when I look back at the course of my life during the last 20 years I'm also painfully aware of how often I've simply failed. Surely there were others? But with this particular call was placed upon me. And, of course, there are a variety of ways in which God calls people into his service.

People are called into children's ministries and music ministries. People are called to be missionaries or evangelists.

Some people have a call to something outside the church. Whatever it is that you're doing with your life may well be the result of a call from God, and faithfully fulfilling that call by working diligently at whatever the call is and trying your best is a way of honouring God. And yet, I suspect a lot of us are hesitant to speak of God's call on our lives — if only because, like me, most people are very conscious of their failures and their weaknesses. But then I think about the people Jesus called directly, during his earthly ministry.

Matthew 4 records the calling of Jesus' first twelve disciples — two brothers each, so to speak: Simon Peter and his brother Andrew, and James and his brother John. Jesus

appeared to them and called. There's nothing in the story to suggest that they were religious giants of any sort; nothing that makes them seem better than anyone else. They were simply called — and they responded to that call. And — perhaps this means the most to me — all four of them (the very first four that Jesus called) — failed in some way. Three of them deserted Jesus when the going got tough and ran as he faced the cross, and while John stood at the cross with him he was a part of the group that sometimes worried more about their respective rank and importance than with simply fulfilling the call of Jesus. I guess what I take from the stories about Jesus' first disciples is that if they weren't perfect, neither can I expect to be. But so many people struggle with the idea of God's call on their lives because they don't

feel worthy. They understand that they've let Jesus down — sometimes repeatedly — and why he would call them to any type of service is something they can't understand. But Jesus doesn't call just perfect people. Let's face it — if the call of God were restricted to those who are perfect then the available talent pool would be pretty limited. The point is that all of us have something to offer to God, and all of us have to be alert to the signs of God's call on our lives to whatever type of service it is. We don't need to worry about what we're called to — it's all important if it's a call from God — we just have to be aware that, at any time, we might be called.

After all, if we're not called by God, and if we don't respond, then who will do God's work in the world? So, listen carefully. God just might be calling you!

OK, Niagara, take a chill pill on GO Transit

Let's cut to the chase here. You're a dope if you believe promises made in election campaigns.

But then, you already know that.

All one can hope to glean from the dizzying array of professed vows and the voodoo economics that underlies them is a sense of what political direction a party is leaning.

If that direction and the manner in which the road will be travelled tell you how you, hold your nose and vote accordingly.

But let's get back to campaign promises. More specifically, those made in relation to GO train service to Niagara.

In doing so, I am reminded of a comment made by then-Premier Dalton McGuinty in September 2012.

During an interview with The Standard, he was asked whether Niagara residents might see daily GO train service soon.

"I don't see that happening in the near future," replied McGuinty.

"This remains the most straightforward and honest comment from a politician on the Niagara GO Transit file in a decade. That such frankness came from McGuinty makes it even more disappointing."

McGuinty explained that the level of disappointment "becomes a very important issue in making these kinds of decisions."

I took this as "Niagara residents' projections for Niagara weren't very high."

However, the premier did offer hope.

"The issue over the long term," he said, "is not whether that service is expanded, but when it's expanded."

I suspect McGuinty was reflecting the views of the Metrolinx people who run GO Transit, and that there has been little, if any, change in corporate thinking since then.

Yet, that hasn't stopped lobbying efforts by various Niagara interests to speed up the process.

This is largely because full commuter train service is seen as the latest panacea for all the ills of Niagara. And, let's face it, we're running out of panaceas.

Naturally, with a provincial election having been called, local pleas for enhanced GO service have heightened.

Two of the mainstream parties have risen to the occasion. The other, the Conservatives, have demurred on any kind of commitment, asserting the province's economic house must be put in order first. Besides, they're too busy trying to defend their absurd million jobs plan.

But how really committed are the Liberals and the NDP?

Premier Kathleen Wynne was in Niagara Thursday, and said bringing daily train service here is a "very, very high priority" for her government.

Hmm...

In the Liberals' "Plan for Ontario," there is a promise to invest \$14 billion in transit and transportation infrastructure outside the Greater Toronto-Hamilton Area. The Liberal



MATT WATSON / ONA AGENCY NIAGARA
A GO train crosses the Welland Canal bridge in St. Catharines last year.

government will have a "fair, evidence-based" process for deciding which projects will receive funding, and when they'll be built.

Projects "could" include GO service expansion. It will "look at" providing more GO options to connect Niagara to Hamilton and Toronto. In other words, see McGuinty's comments from 2012.

The NDP's platform calls for the creation of a \$29-billion plan for transit and transportation infrastructure over the next 10 years. The party says it will also boost transit investment by \$250 million a year "to kick start priority transit projects."

It adds that it is "focused on prioritizing" the downtown Toronto relief subway line, Scarborough transit, electrifying the rail link to Pearson Airport, all-day two-way GO train service to Kitchener-Waterloo and "year-round daily GO train service to St. Catharines and

Niagara Falls."

What about nickel service to the moon?

Folks, if you believe Niagara GO train service will become a top priority for an NDP government in light of all its other pricey promises, then I know of some swampland in Wainfleet where he might be interested in buying, too.

Extended GO train service will come to St. Catharines when Metrolinx determines it's a priority.

But count on whatever political party is in power at that future time to take credit for the decision.

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A paws-itive evening in Welland

Calling all party animals.

Niagara Action for Animals is hosting its annual Party for the Paws on Friday, June 13, from 7 p.m. to 1 a.m. at Auberge Richelieu, 565 River Rd. in Welland.

The evening will include a vegan menu,

door prizes and live music by Borderline. Proceeds from the festivities support NAFAs's spay and neuter program, which helps low-income Niagara pet owners afford the procedures.

"It's a fun time, a night out and a great chance to try vegan food," said Lisa Murray, a director with the animal rights group.

"Come out to support the cause. Help with the overpopulation problem."

Guests will party for the animals, not with them. Murray stressed as no pets are allowed at the event.

Tickets cost \$10 each and can be purchased at Pet Valu, 200 Filth St., or by phoning 905-682-4970 or 905-788-1189.

For more information, visit www.niagaraactionforanimals.org.



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■ HEALTH CARE: More than 65 agencies come together for document

Mental health charter launched

MARYANNE FIRTH
QMI Agency Niagara

There is now a solid foundation in Niagara to address mental health and addictions.

Following years of work by local agencies, facilitated by Niagara Connects and Healthy Living Niagara, the Niagara Mental Health and Addictions Charter was launched last Wednesday at Welland Community Wellness Complex.

More than 65 agencies have committed to working together to adopt and promote the principles of the charter, which focuses on mental wellness promotion, mental illness prevention and addictions services.

The document's goals include incorporating mental wellness for all people in planning for the future and taking an inclusive, holistic, preventive, individual and family-centred approach for people of all ages, so all residents are able to achieve their optimal level of well-being.

The charter is meant to be shared, discussed, implemented and brought to life by local agencies, Rashmi Rivas, board president of Canadian Mental Health Association of Niagara, said during the launch.

"Someone might ask what did you do today? You can say, 'Today I helped launch a charter that will change the lives of people in the community for generations to come,'" she told the crowd.

The charter "provides a formal bridge between children and adult mental health

services," which are funded by separate ministries, said Ellis Katsos, CEO of Pathstone Mental Health.

Niagara is the first community in Ontario to create a formal charter outlining the principles and objectives to support its residents regardless of age, he said.

"We're a leader in building this sort of framework."

Now that the charter has launched, it's up to the agencies to implement the document and follow through with its intentions moving forward, Katsos said.

"This is one step in a long journey. The hard work has yet to be done."

The charter is "globally unique," said Dr. Edgardo Perez, regional chief of mental health and addictions for Niagara Health System.

"As we move forward, agencies will have a guide for how they collaborate and create more integration in their services."

The document is intended to help organizations work together to ensure there are no gaps in care, Perez said.

During the event, the more than 100 agency representatives were asked to come together to discuss how they plan to implement the charter into their respective workplaces.

For the full charter document, visit www.niagaraknowledgeexchange.com.

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■ INDUSTRY

Niagara's future to be discussed

QMI Agency Niagara

Niagara's future will be the focus of a forum planned for Friday, June 13 at the Welland International Flatwater Centre.

The Niagara International Association has teamed up with local Chambers of Commerce to organize the inaugural Building Niagara Together, an event that will bring together municipal politicians from throughout the region to have a collaborative discussion about the issues that are affecting Niagara's future.

Olympic bronze medalist Mark Oldershaw, who trained on the WIFC,

will be the guest speaker during the event.

In a media release, industrial association Chair Roy Timms said Oldershaw's message should be "very impactful" within the region.

"Working together will get us to where we need to be," Timms said.

Although there are opportunities for municipal leaders to meet with their counterparts from across Ontario and the country, Building Niagara Together will provide a structured opportunity for politicians to meet one another in Niagara, sharing ideas and discussing issues that are important to residents.



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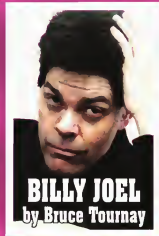
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■ **POLICING:** Civilians, cops recognized for their efforts

Mother, daughter team honoured by police

ALISON LANGLEY
QMI Agency Niagara

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INPORT NEWS ■ THURSDAY, JUNE 5, 2014

She immediately parked her car and ran to the man's aid.

She performed cardiopulmonary resuscitation while her daughter Rachel called 911 then assisted her mother by supporting the man's head.

The man in his 40s had suffered a major electrical shock, and was on the ground near a truck.

Equipment on the vehicle extended under power lines, with at least one line severed.

The couple helped police pull the man away from the live wire then continued CPR until paramedics arrived.

Hoekstra, a teacher at Applewood School in St. Catharines, has completed CPR training sessions for years, but she had never had to put her skills into practice until that cold March day.

The man was airlifted to Hamilton hospital for treatment.

Last week, the mother and daughter received a police services board commendation at the Niagara Regional Police Service's annual awards ceremony held at Club Italia.

"After we were told about the award I was still in shock," Christine said. "I don't think it had really sunk in yet what had happened. We were more concerned with whether the man was going to be OK."

"I was in shock when it happened," she said. "I'd never called 911 before," Rachel added.

About 110 awards were presented to police and civilian members for outstanding work, exemplary community service or both as well as awards to members of the public.

"This event is important because

it recognizes our officers and it also gives us the opportunity to recognize civilians who have stepped up in acts of bravery," said NRP Chief Jeff McGuire.

Also honoured with a commendation was the detective and the prosecutor involved in a \$577,000 kitchen renovation scam that bilked 61 people from across Ontario.

Det. Dave Mander and assistant Crown attorney Timothy Hill were recognized for their work in bringing Shane and Sandra Byrne to justice.

The St. Catharines couple were sentenced to time served and house arrest last year in the massive fraud that saw homeowners from Whitby to Waterloo to Port Colborne pay for new kitchens they never received.

After being charged and released the accused started another kitchen renovation company targeting victims outside Niagara.

Det. Mander launched a new investigation and arrested suspects again.

Also on Tuesday, police handed out three \$2,000 bursaries to Niagara students.

The inaugural Cons. Dale Racine Educational Bursary is named in honour of the NRP officer who succumbed to cancer in 2012.

Bursaries were presented to Kaitlyn Viner of Saint Michael High School, Kaye Puhaka of Iden High School and Junelle Frances of Governor Simcoe Secondary School.

The bursary is designed to financially assist qualified applicants in obtaining degrees or diplomas from accredited academic institutions of higher learning.

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Five arrested, cocaine seized in Port raid

Five people have been arrested following a Port Colborne drug bust last Friday.

In May, Niagara Regional police began investigating the sale of drugs from a residence on King St.

As a result, search warrants were executed Friday at two King St. residences by the Weiland street crime unit, Port Colborne uniform officers and the NRP's canine unit.

Police seized about \$1,500 in cocaine, more than \$5,000 in cash, a crossbow, a pellet gun that resembles a real firearm and a collapsible baton.

Though some of the items are not illegal to own

under normal circumstances, with the evidence gathered by police during the investigation they become weapons under the Criminal Code of Canada, police said in a press release.

Five people were arrested.
Alessandro Pardi, Carol Pardi-Leggett, Ryan Roussel and Andrea Poulain, all of Port Colborne, and Christopher Ridolfo of Thorold, are each charged with possession of a controlled substance for the purpose of trafficking, possession of proceeds of property obtained by crime over \$5,000, and possession of a weapon for dangerous purposes.

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■ JAZZ BAND

Students due back Friday

From Page 2

"It's really nice because our jazz band is comprised of a lot of seniors who will be graduating this year," Michalak said.

"This is just sort of a lovely little end-of-road performance experience that they will never forget."

Saxophone player and Grade 12 student Cole Macoretta called the gig "a huge opportunity" for the band.

"We're all really excited to show our talent in front of a very large crowd," he said. "It's huge for us."

Grade 12 student Ryan Mullins, who plays the trombone — "the coolest instrument in the band" — said it will be his first time visiting Cleveland, and he's looking forward to playing a "very in your face" version of the Star Spangled Banner.

Michalak called it "a very good arrangement" of the American National Anthem.

"They worked very hard on it and it is strong and solid and they play it with just tons of confidence," she added.

She said the band has had "a lot of successes this year," and performing at the game "is just the icing on the cake."

The students were to leave for Cleveland Wednesday morning, and perform at the game that evening.

They're scheduled to return to Port Colborne on Friday.

alan.benner@sunmedia.ca
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Tim Hudak's education agenda: Cuts first. Kids last.



Tim Hudak's Conservatives say they will cut 19,000 teachers, education assistants, custodians, and other school staff.

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For tickets call the box office 905-834-0833
For more details, visit www.showboattheatre.ca

JUNE 5**ART SHOW AND SALE**

The Port Colborne Art Club is hosting its annual art show and sale at Bethel Community Centre, 2703 Chippawa Rd. E. Port Colborne.

Tickets are \$7 available from members or at the door. Meet the artists while enjoying desserts and coffee/tea. Door prize, silent auction and bake table, noon to 5 p.m. For more information call 905-892-3272 or 905-899-1215.

JUNE 6**EUCHRE TOURNAMENT**

at 2 p.m. in the Moore Room of Wainfleet Arena. Sponsored by Wainfleet Township Public Library and the Wainfleet Seniors

Group. Open to all adults. This is a fun, social event. No entry fee. Prizes awarded for the best, worst and more. Refreshments will follow in the seniors centre.

JUNE 7**E-MAIL WORKSHOP**

Learn how to set up a Gmail account, at Port Colborne Public Library, 7 p.m. Register ahead.

JUNE 9**TD SUMMER READING CLUB**

registration starts at Wainfleet Township Public Library. Its award-winning club runs July 2 to Aug. 12, divided into three age groups. Each child comes to one session per week. Completed registration forms, available at the library or at www.wainfleetlibrary.ca, must be returned to reserve your child's spot. Sessions fill quickly. No phone registrations permitted.

FATHER'S DAY CRAFT

Bring your dad, uncle or grandpa and work together to create a wooden bird feeder, at Wainfleet Township

Public Library, 6 p.m. to 7:30 p.m., while enjoying some cookies and milk. Call 905-899-1277 to register by Friday, June 6, as space is limited.

JUNE 10**E-BOOKS WORKSHOP**

Learn how to download e-books to your tablet from Port Colborne Public Library's OverDrive site. Free. Starts 6:30 p.m. Pre-register at the library.

JUNE 12**PHILOSOPHER'S CAFE**

is at Wainfleet Township Public Library at 6:30 p.m. This month's topic of discussion is labour – unions and industry manufacturing. All welcome.

JUNE 13**BABYSITTER COURSE**

(Red Cross) offered at Wainfleet Township Public Library, 9 a.m. to 5 p.m., for ages 11 to 15. Cost: \$50 per student. Register by June 6 as space is limited.

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IN BRIEF

Fun will be in abundance in Dunville from Thursday to Sunday.
That's when the annual Mudcat Festival rolls into town with something for all ages to enjoy.

Mudcat Festival kicks off Thursday

Midway rides, a street dance, live music and a reptile show will be among the activities held at a handful of Dunville parks to keep families entertained.
Highlights of this year's event

include comedian and hypnotist Robert Maxwell performing at 7 p.m. Thursday at Central Park; a parade Saturday at 10 a.m., which moves down Broad St., Queen St. and Lock St.; Saturday's strong man and strong

woman competitions in Central Park; a flea market and craft show Saturday from 9 a.m. to 5 p.m. in Lions Park; and fireworks display at dusk Saturday in Wingfield Park.

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There are two types of cholesterol a "good" cholesterol (HDL) and "bad" cholesterol (LDL). For patients with high cholesterol, the goal of therapy is to increase the amount of HDL and decrease the amount of LDL. Approximately 80% of cholesterol is made by the body and only 20% comes from the food you eat.

Many commercials for food products such as cereals and margarines are advertising that they can help lower cholesterol. The goal of this article is to examine the evidence of the effectiveness of various natural health and food products on the market that claim to lower cholesterol.

Products that contain soluble fibres such as psyllium (i.e. Metamucil) or oat bran are known as bile acid binders. These products increase the excretion of cholesterol from the body as well as increase the breakdown of cholesterol in the body to less harmful products. Between 10 and 30 grams of psyllium fibre daily mixed with other foods has been shown to have a significant cholesterol lowering effect.

Between 1.5 and 3 grams per day of Niacin (Vitamin B3) has been shown to lower bad cholesterol while increasing good cholesterol. In some patients, Niacin can cause skin flushing (redness of the skin) as well as itching. There are "flush-free" or "no flush" Niacin products available, however, their effectiveness has not been established.

Plant sterols and stanols often found in margarines labeled heart healthy (such as Becol Pro-active) have been shown to prevent some of the absorption of cholesterol from the diet and can be included as part of a healthy diet high in fruits and vegetables to lower cholesterol.

Finally, some studies have shown that between 600 and 1200mg of garlic in three divided doses can lower the levels of cholesterol and triglycerides (fat) in the body. Unfortunately, some patients report bad breath as well as nausea and flatulence when taking this amount of garlic.

Patients who have been prescribed a cholesterol lowering medication called a "statin" such as Crestor (rosuvastatin) or Lipitor (atorvastatin) can consider taking Coenzyme Q10. Statins inhibit the synthesis of Coenzyme Q10, which may lead to muscle weakness and impaired energy metabolism.

If you have any questions about natural health products available to help lower your cholesterol, be sure to ask your physician or community pharmacist to see if those products are right for you.

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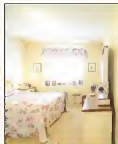
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CTFS HIRING 200 new jobs

DON FRASER
CMI Agency Niagara

Canadian Tire Financial Services is hiring at least 200 employees at its St. Catharines and Welland call centres.

The numbers add up to the more than 200 hires already made last year, with its regional call centre employment numbers poised to top 1,000. The positions are for full-time and part-time "customer-service oriented" candidates who are English-French bilingual or unilingual English speaking.

"It's not known yet how many jobs will be based at either Welland's East Main St. site or the St. Catharines centre on Bunting Rd.

In an e-mail, CTFS representative Shannon Peters said start dates will range from mid-June to the beginning of July.

Compensation includes a flexible benefits package, profit sharing, stock purchase plans and pay averaging \$20 per hour, plus bonuses.

"It is a good news story," said Walter Sendzik, CEO of Greater Niagara Chamber of Commerce. "And these jobs are very much a career opportunity for people in Niagara."

Sendzik described CTFS's two regional locations as a "great work environment."

He also spoke to concerns voiced by some that jobs in that sector are sometimes low-paying and subject to large hire and layoff numbers as business fortunes change and call centre contracts are gained or lost.

"Canadian Tire Financial is one of the most respected financial service compa-

nies in Canada," he said. "They've won a number of awards for their call centre facilities and services."

Sendzik said "their training, commitment and environment where their employees work would rival any other large corporate entity in Canada."

"They are skilled jobs... they invest heavily in their employees on customer service."

Sendzik said the jobs complement the Niagara economy and provide good employment in the service sector.

"The dollars they earn at Canadian Tire Financial are reinvested in the community... it builds a diversified and sustainable economy," he said.

A significant number of new hires will come through pre-accredited candidates to be invited to job fairs held each Wednesday and Thursday in Welland and St. Catharines.

Additional hiring is expected through the year.

Candidates apply online at corp.canadiantire.ca/EN/JoinOurTeam/ and search for the Niagara Region Career Fair posting. Pre-screened candidates will be contacted and provided with an interview time.

Once an offer letter is accepted, the employee will take part in a three-week in-class training session, followed by two weeks of job shadowing and support during first weeks on the phone.

"With a 40-plus year history of doing business in Niagara, we're extremely proud to see one of Canada's most recognized companies grow again," said Brian York, City of St. Catharines' manager of economic development. "And we're thrilled it's happening here in St. Catharines and Niagara."

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9:30 PM Screening, Q&A,
After Party Only - \$25

THE BEST OFFER - Feature
7:00 PM Landmark Cinema 1 - \$15

COLD IN JULY - Feature
9:45 PM Landmark Cinema 1 - \$15

FRIDAY, JUNE 20

A KIND OF WONDERFUL THING Feature -
Niagara Rises Program
6:30 PM - White Oaks Amphitheatre - \$15
Includes Q&A w/ Director Jason Lupish

DEAD BEFORE DAWN -
Feature - Niagara Rises Program
9:30 PM White Oaks Amphitheatre - \$15
Includes: Q&A with Director April Mullen

RED OBSESSION - Feature Doc
6:30 PM - Trius Winery
Filmmalicious Dinner, Screening - \$175
9:30 PM Screening Only - \$25

I AM NOT A ROCK STAR - Feature Doc
6:30PM - Peller Estates
Filmmalicious Dinner, Screening, Piano Concert
by Marika Bournaki (subject of film) - \$150
9:30 PM Screening and Concert - \$25

**PETER SELLERS:
HECTOR DIMWITTE TRILOGY** - Shorts
6:30PM - Ravine Vineyard
Filmmalicious Dinner, Screening, Q&A - \$125
9:30 PM Screening, Q&A - \$25

A NIGHT IN OLD MEXICO - Feature
7:00 PM Landmark Cinema 10 - \$15

EARTH TO ECHO - Family
7:00 PM Landmark Cinema 1 - \$15

FRANK - Feature
9:30 PM Landmark Cinema 10 - \$15

THIRD PERSON - Feature
9:30 PM Landmark Cinema 1 - \$15

SATURDAY, JUNE 21

RIBBIT (3D) - Animated Feature
3:30 PM Landmark Cinema 2 (3D) - \$25
Includes: Q&A with Director Chuck Powers

GO FAR: THE CHRISTOPHER RUSH STORY
Feature Documentary
3:30 PM Landmark Cinema 10 - \$15
Includes: Q&A with Director Zack Arnold

LAD - A YORKSHIRE STORY - Feature
6:00 PM Landmark Cinema 10 - \$15

LOVE IS STRANGE - Feature
7:00 PM Landmark Cinema 1 - \$15
Includes: Skype Q&A Session with Director Ira Sachs

FED UP - Feature Documentary
8:30 PM Landmark Cinema 10 - \$15

HELLION - Feature
9:30 PM - Landmark Cinema 1 - \$15

WAR OF THE WORLDS - GOLIATH
Animated Feature
11:45 PM Landmark Cinema 2 - \$15

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1:00 PM White Oaks Amphitheatre - \$15

CANADA'S BEST SHORT FILMS
Canada's Not Short On Talent #2
5:00 PM White Oaks Amphitheatre - \$15

CAS & DYLAN - Feature
7:30 PM White Oaks Amphitheatre - \$15

MARY PICKFORD PROGRAM
Silent Shorts, Newsreels
6:30 PM - Southbrook Vineyards
Filmmalicious Dinner, Screening, Presentation
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THE INFINITE MAN - Feature
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SUNDAY, JUNE 22

POSTMAN PAT: THE MOVIE - Family
2:00 PM Landmark Cinema 1 \$15

THE NIGHTINGALE - Feature
3:30 PM Landmark Cinema 10 \$15

THE ONLY REAL GAME - Feature Doc
4:00 PM Landmark Cinema 10 - \$15

**THE 100-YEAR-OLD-MAN WHO CLIMBED
OUT THE WINDOW AND DISAPPEARED** - Feature
5:30 PM Landmark Cinema 10 - \$15

GOD HELP THE GIRL - Feature
6:30 PM Landmark Cinema 10 - \$15

FOUR CORNERS - Feature
Includes: Q&A w/ Director Ian Gabriel
9:00 PM Landmark Cinema 1 - \$25

Niagara Rises-Shorts Program
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MORE THAN HONEY - Feature Documentary
6:30 PM Southbrook Winery
Filmmalicious Dinner, Screening - \$150
9:30 PM: Screening Only - \$25

**DOUBLE FEATURE: VINE LIFE with STRANGEL -
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Feature Documentary, Animated Short
6:30PM Ravine Vineyard
Filmmalicious Dinner, Screenings - \$150
9:30PM Double Feature Screenings Only - \$25

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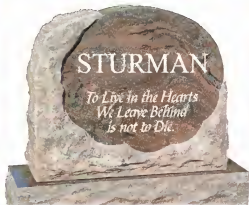
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